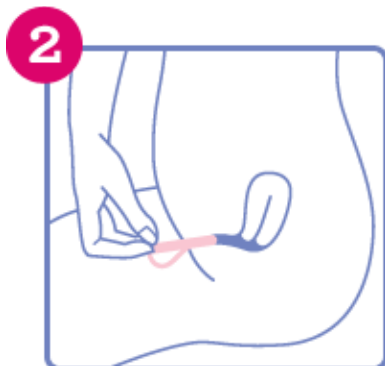


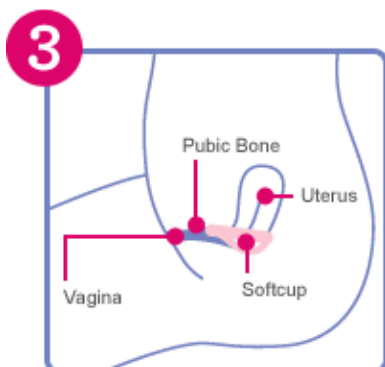
1 Wash your hands and relax. To insert Softcup, we recommend sitting on the toilet with your knees apart.

Hold Softcup so the bottom of the cup hangs down. Squeeze the opposite sides of the rim together.



2 Keeping the rim squeezed together, insert Softcup completely into your vagina. Use your finger to push the cup downward and back as far as it will go. It will slide into place under the cervix and behind the pubic bone.

Do not push Softcup upward as it will stop in front of the cervix. This is not the correct position for Softcup and can cause leakage.



3 When Softcup is inserted properly, you shouldn't feel it. Softcup fits in the natural space under the cervix and next to the pubic bone. If you feel something in the vaginal canal, the cup is probably not placed far enough inside you. Just remove and try again.



4 To remove Softcup, sit over a toilet. Insert your finger into the vagina. Hook your finger under the rim. If you have trouble hooking your finger, just bear or push down. Slowly pull Softcup out of your body keeping it horizontal and level.

Place the used product inside the wrapper or wrap it in tissue and throw it away.